



County of San Diego  
DEPARTMENT OF PARKS AND RECREATION  
Spring Valley Community Center  
8735 Jamacha Boulevard  
Spring Valley, California 91977  
(619) 479-1832



# Winter Brochure 2004

**Register  
Now!**

*Creating Communities through People, Parks and Programs.*

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## REGISTER NOW! WINTER SESSION

- **REGISTER IN PERSON**  
Register at the Spring Valley Community Center office, located at 8735 Jamacha Boulevard, Spring Valley.
- **REGISTER BY MAIL**  
Class registrations are accepted by mail. Please include a check, payable to the County of San Diego for the fee, completed registration form, and a self-addressed, stamped envelope to return your receipt.
- **REGISTER USING A CREDIT CARD**  
Now accepting Mastercard and Visa on a walk in basis.

### ADULT ORGANIZATIONS

Casa De Oro	
Business Association	461-9660
Grossmont/Mt. Helix Improvement Association	469-9547
Lemon Valley Leprechaun 4-H Club	464-4394
Rancho San Miguel Rotary Club	660-9902
Soroptimist International Valle De Oro	461-5352
Spring Valley Chamber of Commerce	670-9902
Spring Valley Citizens Association	465-3251
Spring Valley Historical Society	469-1480
Spring Valley Kiwanis Club	660-4318
Spring Valley Lion's Club	440-1693
Spring Valley Woman's Club Day Section	463-6162

### YOUTH AND SPORTS ORGANIZATIONS

A.Y.S.O. Soccer	660-0310
Boy Scouts	298-6121
Girl Scouts	464-3334
International Friendship Soccer League	858-279-5736
Little League Cajon De Oro	997-7234
Little League La Mesa National	895-0389
Little League Spring Valley	465-1146
Little League Valle De Oro	670-5534
Los Toros Football	819-0205
Mighty Mites Wrestling	229-9152
Rancho Valley Amateur Softball Association Girls Softball	461-0810
The REC Club	479-0312
Spring Valley Family Resource Center	515-2463
Sweetwater Lane Sports Complex (Concession)	465-1146

### PUBLIC & GOVERNMENT AGENCIES

Animal Control	263-7741
Child Abuse Hotline	858-560-2191
Code Enforcement	858-694-3741
Community Services	230-0997
COPPS	463-9993
County Parks Information	858-694-3049
County Supervisor, 2nd District	531-5522
Crisis Hotline, 24 hours	800-479-3339
Department of Motor Vehicles	447-1900
Grossmont Pools	644-8172
Grossmont/S.V. Family Health Center	515-2555
Healthy Start	668-8391
Heartland Human Relations	444-5700
Libraries	
Casa De Oro	463-3236
Spring Valley	463-3006
San Miguel Fire District Office	670-0500
S.V. Senior Center	267-5740
L.G. Senior Center	337-1425
Sheriff Business Office	858-974-2222
Sheriff Dispatch	858-565-5200
S.V. Youth & Family Coalition	465-9839

## DIRECTOR'S MESSAGE

Dear Valued Customers and Friends:

The onset of the New Year is an opportune time to look backward, inward and forward, to celebrate milestones and create visions for the future. At Spring Valley Community Center, we will continue to strive for excellence and integrity in all we do, knowing that the decisions we make as they attend to the pressing matters of the present are already casting the mold for the future.

For instance, in November 2003, the County of San Diego Department of Parks and Recreation will start the second phase of our parking lot improvement project in Spring Valley Park. We apologize in advance for any inconveniences the project may cause. We are thankful that the need for more parking will become a reality, while improving the safety and accessibility to the park and community center. Together, we can build a better future for our families, our community and our country.

At the holiday season, our thoughts turn gratefully to those who have made our progress possible and the Spring Valley community at large. Thank you for your enduring support and we wish you the best for the New Year.

Sincerely,

*C. Renell Nailon*

C. Renell Nailon, Center Director  
County of San Diego  
Department of Parks and Recreation

## BINGO VOLUNTEERS NEEDED

### DID YOU KNOW?

Bingo profits provide services available at reduced fees; programs that include Camps, Sports, Senior Activities, Preschool and Enrichment Classes. It takes a minimum of 94 volunteer hours each Monday to operate our games. By volunteering a few hours per month you will be playing a vital role in providing services. Every job is very important and no amount of hours is too small. **Booster Club Meeting 3rd Wednesday 6:00 p.m. Call 479-1832 for information.**

## BINGO VOLUNTEERS

Sharron Conley	Linda Ledesma
Willis Conley	Janice Lee
Paula Correia	Linda Lopez
Dennis DeVelbiss	Roni Mazziott
June DeVelbiss	Tony Mazziott
Wayne DeVelbiss	Gladys Miller
Chuck Dineen	Doris Nielsen
Isabelle Dineen	Iris Reed
Shelley Koller	John Rideout
Charlie LaVoie	Linda Volz

## BROCHURE

Florence Blas Castro  
Editor, Design & Layout

## PROGRAM STAFF

Anita Arzillo, Spanish Class  
Richard Castillo, Sports  
Corina Cauldren, Dance  
Susie D'Agostino, Line Dance  
Cindy D'Ambrosia, Dog Obedience  
Mary Delgado, Preschool  
Michael Funtas, Investments  
Cameron Gary, Aikido  
Kimberly Generette, Cheer, Gymnastics  
Ana Goebel, Belly Dance  
Chelita Hermosillo, Cheer/Gymnastics  
Herb Hilliard, Tae-Bo  
Nesrin Mohammad, Preschool  
Zirivan Mohammad, Camp, Sports  
John Nanos, Softball  
Robbie Sandoval, Sports  
Lois Szczepaniak, Tennis  
Elizabeth Shaver, Gymnastics  
Dale Sison, Special Events  
Anne Thibodeau, Quilting  
Mua Tiumalu, Polynesian Aerobics  
Kathy Villalobos, Ballet Folklorico  
Robin Wilkes, Dance  
DéShaun Wilson, Camp, Sports

## REC CLUB STAFF

Aaron Adragna, Teen Center Director  
Nichole Jenkins, Asst. Center Director  
Miguel Hidalgo, Recreation Leader  
Amy Weaver, Recreation Leader  
Ashley Farley, Recreation Leader

## BOARD OF SUPERVISORS



Greg Cox, District 1  
Dianne Jacob, District 2  
Pam Slater, District 3  
Ron Roberts, District 4  
Bill Horn, District 5

## CHIEF ADMINISTRATIVE OFFICER

Walter F. Ekard

## DEPARTMENT DIRECTOR

Renee E. Bahl, Director  
Brian Albright, Assistant Director

## COUNTY SERVICE AREA 128 PARKS AND RECREATION ADVISORY COUNCIL

Marilyn Wilkinson, President



Will Conley  
Robin Wood  
Anne Schultz  
Mark Tucker  
Pegi Ruddy

Advisory Council Meeting  
Spring Valley Community Center  
3rd Tuesday every other month  
6:30 p.m.

## COMMUNITY CENTER BOOSTER CLUB

Wayne DeVelbiss, President  
Doris Nielsen, Vice-President of Ways & Means  
Sharron Conley, 1st Vice President  
Tony Mazziott, Treasurer  
June DeVelbiss, Secretary  
Iris Reed, Membership  
Roni Mazziott, Historian

Booster Club Meeting  
Spring Valley Community Center  
3rd Wednesday of each month  
6:00 p.m.

## RECREATION STAFF

C. Renell Nailon, Center Director  
Bobbie Carter, Program Manager  
Florence Castro, Office/Facility Manager  
Deborah Peckenpugh, Admin. Assistant  
Anne Thibodeau, Admin. Assistant  
Charlie LaVoie, Rental Support Clerk  
Michael Cuyler, Maintenance Supervisor  
Miesha Charles, Custodian

# WINTER CAMP

Spring Valley Community Center, 8735 Jamacha Boulevard, Spring Valley

Enjoy two weeks of fun during the holiday break. Winter camp consists of games, holiday crafts and much, much more.

**Monday-Friday 6:00 a.m.-6:00 p.m.**

**WEEK I    Dec. 22-26    No Camp Dec. 25, 2003**

**WEEK II    Dec. 29-Jan. 2    No Camp Jan. 1, 2004**

**\$60 Resident/per week, per child    Daily rate: \$25**

**\$65 Non-resident/per week, per child    Daily rate: \$25**

**Spring Camp April 5-16, 2004    Monday to Friday    6:00 a.m.-6:00 p.m.  
\$75 per week, per child, \$25 daily rate.**

## NEW YEAR'S EVE OVERNIGHT

Children ages 5-11 years will enjoy a pizza dinner, music, games, crafts, a special "Toast," and all night movies.

Reservations accepted through December.

**Arrival: Wednesday, Dec. 31, 2003 6:00 p.m.**

**Departure: Thursday, Jan. 1, 2004 8:00 a.m.**

**Fee: \$25**

## BREAKFAST WITH SANTA

Children and their families can enjoy a special morning with Santa Claus. Activities include "All You Can Eat" pancake breakfast, caroling, and a special quiet time with Santa. Reserve early, seating is limited!

**Saturday, December 20, 2003**

**8:00 a.m. & 10:00 a.m.**

**\$4 Children (ages 2-6)    \$5 Adults**

## BREAKFAST with the BUNNY

**Saturday, April 10, 2004**

**7:00-9:30 a.m.**

**Spring Valley Park**

**\$4 Children under 12    \$5 Adults**

## SPRING EGG HUNTS

**FREE!**

**Saturday, April 10, 2004 9:00 Sharp!**

**Ages 2-10**

**Spring Valley Park**

**8735 Jamacha Boulevard**

**Spring Valley**

**SPONSORED BY: Spring Valley Booster Club**

**"Celebrate Spring Valley's Diversity"**

## ADULT SOFTBALL LEAGUES

Looking for Teams and Individual Players  
for our Adult Softball Leagues.  
March and August Leagues available.

MONDAY	WOMEN'S MEN'S 3-PITCH MEN'S CHURCH
TUESDAY	MEN'S LOWER MEN'S UPPER MEN'S CHURCH
WEDNESDAY	MEN'S C/D
THURSDAY	NASSCO LEAGUE MEN'S UPPER
FRIDAY	CO-ED LEAGUE

All games are at Sweetwater Lane Sports Complex.

For more information, please call  
John Nanos @ (619) 589-2070 or e-mail at  
john@socalnsa.com - WWW.SOCALNSA.COM

## FLAG FOOTBALL

Register at the  
Spring Valley Community Center  
8735 Jamacha Boulevard, Spring Valley

### **REGISTRATION DATES:**

March 20 & 27, 2004  
10:30 a.m.—2:00 p.m.  
\$50.00 Resident  
\$55.00 Non-resident

## TENNIS

Students participate in the USA Tennis 1-2-3  
program. Loaner rackets available. For more  
information, please contact Lois Szczepaniak at  
(619) 463-6564. Bring one (1) can of balls to first class.  
Instructor: Lois Szczepaniak Location: Mt. Miguel  
High School

Resident \$50 Non-resident \$54/10 weeks  

Age	Day	Time
Beg. 8-12	Sat-1/10-3/13	9:00-10:00am

Resident \$58 Non-resident \$62/10 weeks  

Age	Day	Time
Adv. Beg. 8 & up	Sat-1/10-3/13	10:00-11:30am

## YOUTH BASKETBALL LEAGUE

Register at the  
Spring Valley Community Center

**C DIVISION BORN in 1994-1995**  
**B DIVISION BORN in 1992-1993**  
**A DIVISION BORN in 1990-1991**

**\$60.00 Resident**  
**\$65.00 Non-resident**  
**After November 1, 2003**  
**\$65 Resident**  
**\$70 Non-resident**

To register, please bring an original child's birth  
certificate or other legal proof of age.  
Fee includes team T-shirt.

### **SKILL ASSESSMENT**

Participants must be registered  
to attend skill assessment.  
Date and location to be announced.

**PRACTICE AND LEAGUE PLAY**  
DECEMBER 2003 through MARCH 2004

**Volunteer Coaches needed**

## CHEERLEADING

**\$45 Resident**  
**\$50 Non-resident**

Fee includes cheer shirt and instruction.

### **SESSION 1**

October 25 - December 20, 2003  
Saturday 9:30-11:00 a.m.  
Children 5-14 learn basic cheer skills.

### **SESSION 2**

January 3 - March 13, 2004  
Game time varies/weekends  
Cheer for teams in the basketball league.

Spring classes begin April 3, 2004

**"Be the best you can be"**

## **BEGINNER** **GYMNASTICS**

Students will be learning basic tumbling, balance beam, vault and bar skills. No gymnastic experience is necessary to participate in our beginning gymnastic classes. Location: SVCC  
Instructor: Liz Shaver / Chelita Hermosillo  
Resident \$65 Non-resident \$69/10 weeks

Age	Day	Time
5-6	Tues-1/20-3/23	2:30-3:30pm
5-6	Wed-1/21-3/24	4:30-5:30pm
7-9	Tues-1/20-3/23	3:30-4:30pm
10&up	Thurs-1/22-3/25	3:30-4:30pm

## **INTERMEDIATE** **GYMNASTICS**

Intermediate gymnasts will learn more challenging tumbling, balance beam, vault and bar skills. Cartwheels and backward rolls are a prerequisite for intermediate level classes. Location: SVCC  
Instructor: Liz Shaver / Chelita Hermosillo  
Resident \$90 Non-resident \$94/10 weeks

Age	Day	Time
6-8	Wed-1/21-3/24	5:30-7:00pm
9 & up	Thurs-1/22-3/25	4:30-6:00pm

## **ADVANCED** **GYMNASTICS**

This is a highly challenging class, where gymnasts will be learning increasingly difficult tumbling, balance beam, vault and bar skills. Back bends and kick overs are a prerequisite for the advanced gymnastics class. Location: SVCC  
Instructor: Liz Shaver / Chelita Hermosillo  
Resident \$95 Non-resident \$99/10 weeks

Age	Day	Time
6 & up	Wed-1/21-3/24	7:00-8:30pm

## **PRE-GYMNASTICS**

In this class, we explore the fundamentals of gymnastics in a fun atmosphere. Children will stretch, roll, jump, and balance while building coordination and self-confidence.

Instructor: Liz Shaver / Chelita Hermosillo  
Resident \$40 Non-resident \$44/10 weeks

Age	Day	Time
3-4	Thurs-1/22-3/24	2:30-3:00pm
3-4	Thurs-1/22-3/24	3:00-3:30pm

## **CREATIVE MOVEMENT** **MY PARENT & I**

"A Parent Involvement Class." Children will have a great time while developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachute, bean bags, music, etc. Basic tumbling and gym skills introduced.

Instructor: Robin Wilkes Location: SVCC  
Resident \$45 Non-resident \$49/9 weeks

Age	Day	Time
1 1/2-2 1/2	Tues-1/13-3/9	10:05-10:35am

## **PRE-GYMNASTICS**

An introduction to gymnastic equipment, basic tumbling skills, coordination, flexibility, and balance. Children's social and motor skills will benefit from this early gym experience.

Instructor: Robin Wilkes Location: SVCC  
Resident \$40 Non-resident \$44/9 weeks

Age	Day	Time
3-5	Tues-1/13-3/9	9:30-10:00am

Photo not available

## **POLYNESIAN** **AEROBICS**

### **"Polyrobics"**

Learn how to dance Polynesian while getting your body in shape. Kiki's new "Polyrobics" is basic aerobic movement with a great flare of Polynesian dance using Hawaiian, Tahitian, Samoan, Tongan and Maori dance moves. Bring a water bottle. For more information, please call (619) 713-0610. Register with instructor.

Fee: \$45/monthly Location: SVCC

Age	Day	Time
Combo 12 & up	Fri	6:30-7:30pm

**"The Benefits Are Endless"**

## **BALLET FOLKLORICO**

Ballet Folklorico, a true spectacle and celebration of life, for all ages, males and females. Join Kathy Villalobos, a 20 year professional dancer and teacher, as she brings the flavor of Mexican dance to our diverse community.

Instructor: Kathy Villalobos Location: SVCC  
Resident \$40 Non-resident \$44/8 weeks

	Age	Day	Time
Beg.	3-18	Fri-1/9-2/27	5:00-5:45pm

Beg./Int.	5-18	Fri-1/9-2/27	6:00-6:45pm
With at least two months experience and instructor's approval			

Performance Ensemble/Advanced  
5 & up Fri-1/9-2/27 7:00-7:45pm  
Instructor's approval required

Adult Ballet Folklorico Class  
All ages Fri-1/9-2/27 8:00-8:45pm

Photo not available

## **JAZZ / HIP HOP**

Learn the basics of jazz dance along with challenging routines put to the latest music.

Instructor: Corina Cauldren Location: SVCC  
Resident \$40 Non-resident \$44/8 weeks

	Age	Day	Time
	6-11	Wed-1/21-3/10	6:50-7:20pm
	6-11	Sat-1/17-3/13	11:30-12:00pm
(No class, Saturday, Jan. 24)			

## **MOVEMENT & DANCE**

### **SAMPLER**

Class includes music and movement in a variety class that teaches tap, ballet and basic tumbling skills to develop coordination and rhythm.

Instructor: Corina Cauldren Location: SVCC  
Resident \$40 Non-resident \$44/8 weeks

	Age	Day	Time
2 1/2-4	Wed-1/21-3/10	5:30-6:10pm	
2 1/2-4	Sat-1/17-3/13	10:15-10:50am	
(No class, Saturday, Jan. 24)			

## **ADVANCED** **MOVEMENT** **& DANCE SAMPLER**

This advanced program trains participants in new and increasingly difficult skills of body awareness, coordination and rhythm.

Instructor: Corina Cauldren Location: SVCC  
Resident \$40 Non-resident \$44/8 weeks

	Age	Day	Time
5-8	Wed-1/21-3/10	6:10-6:50pm	
5-8	Sat-1/17-3/13	10:50-11:30am	
(No class, Saturday, Jan. 24)			

We will prepare for the Fair in June.

## **BELLY DANCING**

Ana teaches Belly Dance in a fun, friendly environment. Participants will learn basic dance moves, choreography, veil, and floor work, basic finger cymbal rhythms, and costume ideas.

Instructor: Ana Goebel Location: SVCC  
Resident \$50 Non-resident \$54/10 weeks

	Age	Day	Time
Beg.	12 & up	Tues-1/6-3/9	7:00-7:45pm
Int.	12 & up	Tues-1/6-3/9	8:00-8:45pm

## **DANCE SAMPLER** **& TUMBLE**

Introduce your children to music and movement in a variety class of TAP, BALLET, JAZZ and BEGINNING TUMBLING skills. Develop coordination and rhythm. Tap or hard soled shoes required.

Instructor: Robin Wilkes Location: SVCC  
Resident \$45 Non-resident \$49/9 weeks

	Age	Day	Time
	3-7	Tues-1/13-3/9	10:45-11:20am

We will prepare for the Fair in June.

**"Celebrating Cultural Harmony"**

## **AMERICA'S YOUTH OUTREACH PROGRAM**

***A complete goal oriented program -  
not just an instructor!***

This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration and physical fitness! Instructor specializes in teaching students ages 4 and up.

**ONLY \$6.00  
PER WEEK  
PAY WEEKLY!**

### **KARATE**

**Jan. 6 - Mar. 30, 2003 at 5:00 p.m.  
Classes are every Tuesday**

Register up to week #4  
This is a year-round program.  
For additional information,  
please call 282-3066.

## **KID'S FIRST USA**



### **KARATE**



Ages 4 & up  
Only \$5.00 per class, one hour long.  
First time registration fee of \$5.00

This program is designed to teach students  
to be the best in everything that they do.

**NEW CLASS STARTS JAN 8, 2004**

**TAKING REGISTRATION UP TO WEEK #4.  
EVERYONE MUST REGISTER AT THIS TIME.  
REGISTRATION STARTS @ 6:30, THURSDAY  
CLASSES ARE EVERY THURSDAY**

For more information, please call  
(619) 472-0659.



## **INTRODUCTION TO AIKIDO**



Welcome to the Japanese martial art of Aikido.

- Aikido uses the attacker's energy against them - anyone can do it!
- Learn defenses against basic attacks, as well as pins and throws!
- We emphasize awareness, confidence and fitness for everyday use!

For more information call (619) 300-3187 or visit us **TODAY** on the web at: [www.ecbudokai.com](http://www.ecbudokai.com). Please register at the Spring Valley Community Center, 8735 Jamacha Boulevard.

Instructor: Cameron Gary

Location: 2782-E Sweetwater Springs Boulevard

Resident \$40 Non-resident \$44/8 weeks

<u>Age</u>	<u>Day</u>	<u>Time</u>
13 & up	Tues-1/6-2/24	7:00-8:30pm

### **TAI CHI**

A moving meditation, learned easily. There are 20 simple and powerful movements that will clear your mind and help reduce your stress level. Other health improvements include reducing lower back pain, balance issues, energy issues and an over-all sense of peace and well being.

Instructor: Robin Dorhn-Simpson Location: SVCC  
Resident \$52 Non-resident \$56/10 weeks

<u>Age</u>	<u>Day</u>	<u>Time</u>
15 & up	Wed-1/7-3/10	7:30-8:30pm

### **TAE-BO**

This unique class combines aerobics (music in the background for motivation and to help keep pace with routines) with karate movements in order to give you a great cardiovascular workout with kicks, punches and floor exercises. Bring water bottle and your own mat. For more information, please call Herb at (619) 472-5945. Register in class.

Instructor: Herb Hilliard Location: SVCC  
Fee: \$5 per class (Monthly discount fee available)

<u>Age</u>	<u>Day</u>	<u>Time</u>
10 & up	Sat	9:00-10:00am

## CPR/FIRST-AID CLASS

### **REGISTER NOW!**

#### **BE PREPARED TO SAVE A LIFE!**

\*\*\*Class is approved by the EMS Authority\*\*\*

Class is sponsored by Grossmont/Cuyamaca College

**WHEN:** Sat., March 13, 2004      8:30 a.m.-12:30 p.m.  
\$10.00 (Adult/Pediatric CPR)  
Sat., March 13, 2004      12:30 p.m.-3:30 p.m.  
\$9.00 (First-aid)

**WHERE:** Spring Valley Community Center  
8735 Jamacha Boulevard, Spring Valley

**REGISTER:** Please call (619) 660-4350 Community Learning at Cuyamaca College. Let them know you are interested in enrolling in the class on March 9.

Pre-registration/payment is required by Oct. 20!  
Class size is limited, COME JOIN THE FUN!!!  
Class includes a handbook and completion card good for 2 years. For more information, please call Vicki L. Igou at (619) 669-9911.

## INVESTMENT CLASS

Students will learn how to increase investment income and the stock market as well. Classes will be held every other Tuesday for 2 hours. There is a \$12 materials fee payable at the first class.

Instructor: Michael Funtas

Location: 2648 Jamacha Road, Suite #168,  
El Cajon, CA

Resident \$36      Non-resident \$40/4 weeks  
Age   Day                      Time                      Register @  
18 & up Tues-1/6                      6:30-8:30pm      SVCC

## QUILTING CLASS

Have you been wanting to expand your knowledge of quilting? Well, our Quilting Classes are for you! In this class, you will have the pleasure of learning basic techniques. You'll come away from each class with a new approach as well as a lovely new item you've made!

Instructor: Anne Thibodeau      Location: SVCC

Resident \$50      Non-resident \$54/8 weeks

Age   Day                      Time  
8 & up Sat-1/10-2/28      10:00-11:30am

## DOG OBEDIENCE CLASS

The 6 week class session teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. All dogs must have proof of current rabies vaccination. Materials needed: choker, 6 ft. & 20 ft. leash or rope.

Instructor: Cindy D'Ambrosia of Castle Creek Kennels

Fee: Resident \$50      Non-resident \$60/6 weeks

Location: SV Park

Dogs must be a minimum of 4 months old and vaccinated.

**Basic**                      Day                      Time  
Sat-1/10-2/14      9:00-10:00am  
**Advanced\***                      Day                      Time  
Sat-1/10-2/14      10:30-11:30am

\*Must have completed basic obedience.

## SPANISH CLASS

### **Habla Espanol?**

Come learn and experience another language! This class will teach the basic skills to begin speaking Spanish. The course will be taught with several teaching techniques that will be fun and innovative, and have you speaking Spanish in no time. Great class for children and adults.

Instructor: Anita Arzillo      Location: SVCC

Resident \$54      Non-resident \$58/10 weeks

Age   Day                      Time  
12 & up Thur-1/8-3/11      6:00-7:00pm

## TINY TOT SCHOOL

The Tiny Tot program provides the first learning and growing experience for children. Caring teachers provide an atmosphere where children build self-esteem, and learn social, motor and academic skills.

Tues/Thurs 9:30am-12:00noon

Spring Valley Community Center

January 6 - January 29	\$80
February 3 - February 26	\$80
March 2 - March 30	\$90

## KINDER TOT SCHOOL

Through structured curriculum, this program offers children the opportunity to grow socially and emotionally for an easy transition into Kindergarten.

Kinder Tot A.M.	Mon/Wed/Fri	9:30am-12:00noon
Kinder Tot P.M.	Mon/Wed/Fri	1:00pm-3:30pm

Spring Valley Community Center

January 5 - January 30	\$110
February 2 - February 27	\$110
March 1 - March 31	\$140

No school January 19 and February 16, 2004.

## READING CLASS

Parents of  
Beginning Readers

YOU CAN TEACH YOUR CHILD TO READ in a few minutes a day. NO SPECIAL TRAINING IS NECESSARY! Unique method, EASY and FUN for both of you, works for both "special needs" children and regular kids from age 4 up. Many can read their favorite Dr. Seuss books in as little as two months! A child failing in reading at the end of grade 1 almost certainly still will be struggling in grade 4. YOU can keep that from happening—this class will show you how to do it in just three classes.

Instructor: Marlys Isaacson

Location: SVCC

Fee: \$50 (Cost of basic materials included)

Day	Time
Sat - 1/10	12:30-2:00pm
Sat - 1/24	12:30-2:00pm
Sat - 2/7	12:30-2:00pm

**FREE!**

The best part is,  
it is all FREE!  
For more information  
call (619) 479-0312

Located:  
8735 Jamacha Boulevard  
Across from the  
Blockbuster Video

**REC CLUB**  
Spring Valley

County of San Diego  
Department of Parks and Recreation

We are open Monday through Friday from 3:00 p.m. to 6:00 p.m. for children 10 to 17 years old. Every day we offer an open recreation program with board games, video games, a pool table, air hockey, and more. Our special activities include community service events, crafts, cooking classes, field trips, dances, etc. We look forward to seeing you!

**FREE!**

### UPCOMING EVENTS

- ~ Kayaking Trip
- ~ Mountain Biking
- ~ Wild Animal Park
- ~ Community Service Projects

**"Community Partnerships—Together, We're Better."**

## **GOLF CLUB**

Seniors looking for a fourth or who want a challenge against a new group of players can join the Golf Club. Green Fees: \$14

Day	Time	Location
Mon	8:30am	Singing Hills Country Club 3007 Dehesa, El Cajon

## **PINOCHLE CLUB**

The Pinochle Club always welcome new players. For more information, please call Mildred Calvert at 470-1250 for reservations.

Day	Time	Location
Mon	9:00am-1:00pm	SVCC

## **BRIDGE CLUB**

The Bridge Club always welcome new players. For more information, please call Jan Grove at 460-2982 for reservations.

Day	Time	Location
Tues	12:30pm-3:00pm	SVCC

## **BEGINNING LINE DANCING**

Here's a chance to learn Line Dance at a slow and relaxed pace. Dancers will learn steps and routines in an easy to remember pace that keeps things fun.

Instructor: Susie D'Agostino  
Donation \$3 / Drop in basis

Day	Time	Location
Wed	10:00am-11:00am	SVCC

## **55 ALIVE/MATURE DRIVING CLASS**

Saturday, Feb. 14 & 21, 2003  
Spring Valley Community Center  
9:30 a.m. to 1:30 p.m.

For more information, please  
call (619) 641-7020  
to reserve your space.

## **SENIOR ADULT LUNCHES**

### **SENIOR ADULT PROGRAM**

Meet new friends from all walks of life. Join an active group of retired people 60 years & older for lunch Monday through Friday at the Spring Valley Community Center. Lunch is offered for a suggested donation of \$2.50 per person. The meals are served complete and nutritionally balanced. The program is open 9:45am-1:00pm Monday-Friday. Please call by 12:00noon one day in advance for lunch reservations. **For reservations or information, call 337-1425 before 9:00 a.m. Monday-Friday.**

## **LUNCHTIME ACTIVITIES**

**BINGO:** Monday & Thursday 10:30-11:30am.

**BLOOD PRESSURE:** 2nd Monday and 4th Friday of each month at 10:00am.

**LEGAL AID:** Call for appointment at 447-7921. 2nd Wednesday of each month.

**SINGALONG:** Every Wednesday 10:30-11:15am.

**TRANSPORTATION:** Spring Valley Seniors needing transportation to the center may call 337-1425 to arrange van pick-up time.

## **SENIOR DANCES**

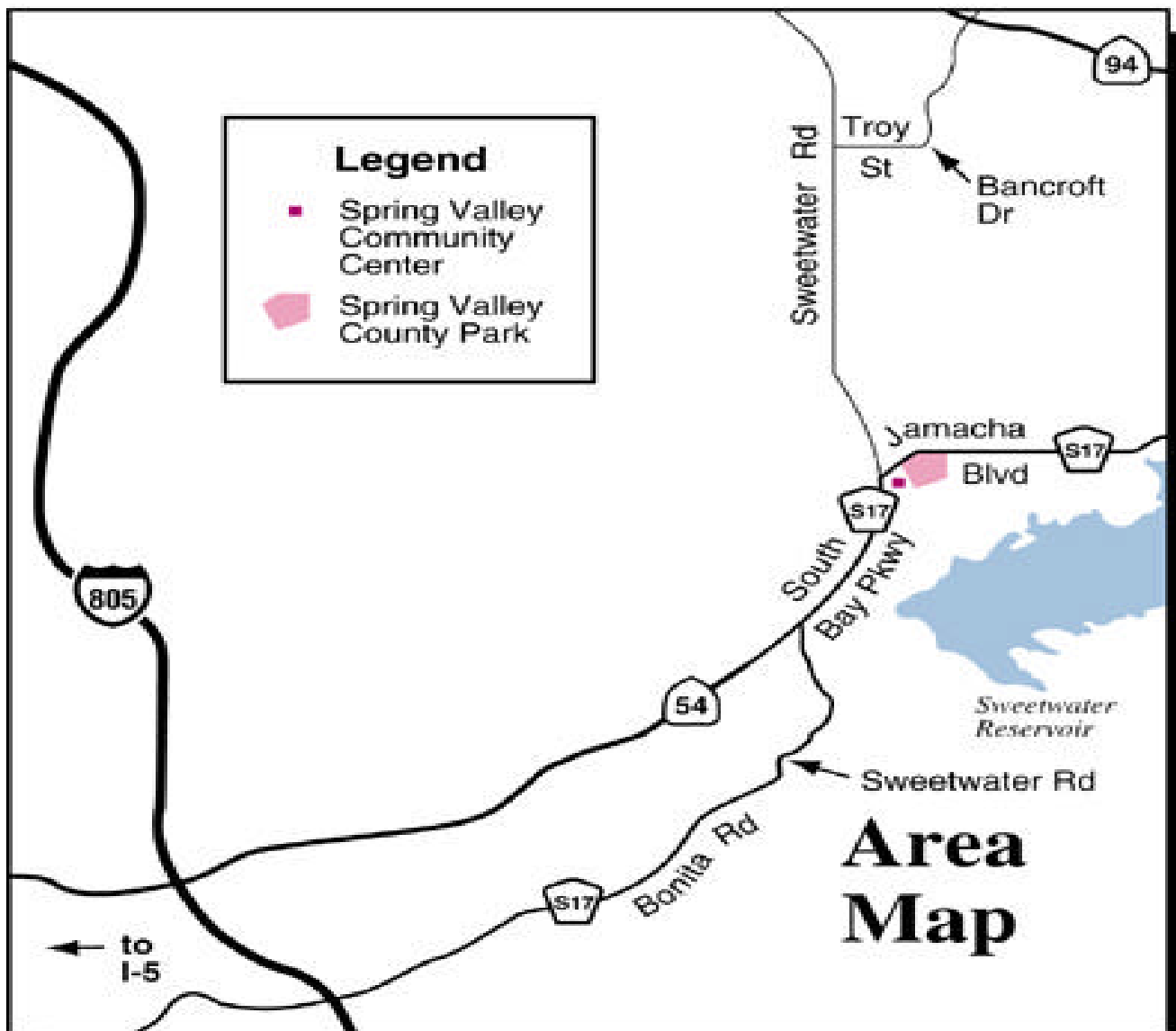
Dance to your favorite tunes played by one of San Diego's finest bands, the MUSIC MAKERS, every 2nd Sundays of each month. Admission includes door prizes and refreshments.

Seniors 55 and over  
1:00 - 3:30 p.m.

January 11, February 8,  
March 14, & April 11

*Admission \$3.00*

**"The Benefits Are Endless"**



**SPRING VALLEY  
COMMUNITY CENTER  
BANQUET HALL**

- ◆ WEDDINGS, WEDDING RECEPTIONS
- ◆ ANNIVERSARIES, QUINCEANERAS
- ◆ BIRTHDAY PARTIES, DANCES
- ◆ MEETINGS, FUND-RAISERS

The facility accomodates up to 250 guests.  
Call for information or stop by and pick up a copy of our rental brochure at the Spring Valley Community Center, 8735 Jamacha Boulevard, Spring Valley, California (619) 479-1832.

**SPRING VALLEY  
CHAMBER OF  
COMMERCE  
SWEETHEARTS'  
DINNER & DANCE**

WHEN:  
Friday, February 13, 2004  
@ 6:00 p. m.

WHERE:  
Santa Sophia Church Hall  
9800 San Juan Street  
Spring Valley

For more information,  
please call (619) 670-9902.

**HOLIDAYS**

Spring Valley  
Community  
Center and  
offices will be  
closed:

Martin Luther King,  
Jr. Day  
Jan. 19, 2004

President's Day  
Feb. 16, 2004

# Spring Valley Little League

## It's Time to Sign Up for the 2004 Season

Come join Spring Valley Little League for another exciting Season of baseball for boys & girls ages 5 to 16!

\* All sign-ups will be held at the Sweetwater Lane Sports Complex located on 1312 Sweetwater Lane.

\* You **must** bring proof of age (original birth certificate) and proof of residency within Spring Valley (recent phone, cable, water or SDG&E bill are acceptable)

### Sign up Dates & Times

Tuesday 1/6 from 6 to 8 p.m.

Saturday 1/10 from 10 a.m. to 2 p.m.

Tuesday 1/13 from 6 to 8 p.m.

\*Saturday 1/17 from 10 a.m. to 2 p.m.

Tuesday 1/20 from 6 to 8 p.m.

Saturday 1/24 from 10 a.m. to 2 p.m.

Tuesday 1/27 from 6 to 8 p.m.

\*Last day for property players to sign-up!

Volunteers are always needed. Please show your kids that you care by volunteering your time as a manager, coach, team mom, umpire, scorekeeper or field maintenance. Remember this league would not be successful without you!

For recorded league information please call (619) 465-1146 or visit our website at [www.eteamz.com/springvalleylittleleague](http://www.eteamz.com/springvalleylittleleague)

Spring Valley Little League is dedicated to serving the children of our community by firmly implanting the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority.

COUNTY OF SAN DIEGO DEPARTMENT OF PARKS AND RECREATION  
SAN MIGUEL COUNTY SERVICE AREA 128  
IMPORTANT DOCUMENT— READ BEFORE SIGNING  
PARENT/GUARDIAN RELEASE OF LIABILITY AND INDEMNITY  
FOR MINOR CHILD'S PARTICIPATION IN PROGRAM

PLEASE PRINT

CHILD'S NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

NAME OF PARENT OR GUARDIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_

**RELEASE**

I hereby give permission for the minor in my custody to participate in the above-mentioned activity and hereby waive, release and discharge any and all claims or rights to claims for damages for death, personal injury or property damage which I may have or which may hereafter, accrue to me, as a result of said minor's participation in said activity. This Release is intended to discharge in advance the promoters, sponsors, County of San Diego Department of Parks and Recreation, San Miguel County Service Area 128, Grossmont Union High School District, La Mesa/Spring Valley School District, and the Southern California Municipal Athletic Federation, the officials and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in anyway with said minor's participation in said entities mentioned above.

I further understand that serious accidents occasionally occur during said activity, and that participants in such activity occasionally sustain moral or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of said activity, nevertheless, on behalf of said minor child, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs or assigns for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to accept and abide by the rules and regulations of the County of San Diego Department of Parks and Recreation, San Miguel County Service Area 128, Grossmont Union High School District, La Mesa/Spring Valley School District, and the Southern California Municipal Athletic Federation..

\_\_\_\_\_  
Date Signature of Parent or Guardian

**CONSENT TO TREATMENT OF MINOR**

"In the event of sudden illness, accident or injury which may occur while said minor is engaged in an activity supervised by the San Miguel County Service Area 128 and their representatives, agents or assignees, when neither the parents, guardian or designated family physician can be contacted. I hereby give my consent pursuant to California Civil Code, S25.8, for emergency treatment as shall be necessary under the circumstances by any physician licensed under the Laws of the State of California."

\_\_\_\_\_  
Date Signature of Parent or Guardian

Family Physician: \_\_\_\_\_ Telephone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Type of Coverage: \_\_\_\_\_

Pertinent Medical History Information (Epilepsy, Diabetes, Allergies, etc.) Use back of sheet.

\_\_\_\_\_  
\_\_\_\_\_

Emergency Numbers: 1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**"Recreation-Life's Necessity"**

## HOW TO REGISTER FOR CLASSES AND ACTIVITIES

All registration is open and continues until program is full. Winter session classes begin Monday, January 5, 2004 and run through Saturday, March 13, 2004. Register in person at Spring Valley Community Center office. **Cash, check, or credit card** may be used. Please make checks payable to **County of San Diego**.

### Mail Registration to:

Spring Valley Community Center  
8735 Jamacha Boulevard  
Spring Valley, CA 91977

### Walk In Registration:

Monday & Saturday	9:00am-4:00pm
Tuesday - Thursday	9:00am-9:00pm
Friday	9:00am-5:00pm
Sunday	Closed

1. Read the information contained in this brochure and carefully select the classes that you wish to participate in for the Winter session. No refunds will be issued after the first meeting of any recreation. NO EXCEPTION. A \$5.00 service charge will be deducted for withdrawal from any program prior to the first class meeting. REFUNDS or credits will be issued for any program changed or cancelled BY THE DEPARTMENT.

2. Complete the "Mail-In Registration" form shown below. Incomplete forms will delay the process of your registration.

3. Enclose a check or money order made payable to County of San Diego Department of Parks & Recreation. To confirm your registration and receive a receipt, please enclose a stamped, self-addressed envelope.

4. Fees can be paid by Visa or Mastercard. Please contact the Community Center Office for more information.

5. Registration is accepted on a first-come, first-served basis during registration hours. Early registration is encouraged to ensure first choice of programs. A \$5.00 charge will be assessed for late registration.

6. All fees are due at the time of registration. A \$20.00 service charge will be assessed for any returned check. Post-dated checks are not accepted.

7. CSA residents must provide proof of residency if not imprinted on check. A driver's license, tax assessment bill or utility bill is acceptable. A CSA resident lives within the boundaries of the San Miguel County Service Area. Most Spring Valley zip codes north of I-94 are NOT in the CSA. La Mesa zip codes south of I-94 are in the CSA. A boundary map is posted at the Spring Valley Community Center.



COUNTY OF SAN DIEGO PARKS & RECREATION  
SPRING VALLEY COMMUNITY CENTER  
8735 JAMACHA BOULEVARD  
SPRING VALLEY, CALIFORNIA 91977  
(619) 479-1832

FEE: \$ \_\_\_\_\_

DATE: \_\_\_\_\_

Resident # \_\_\_\_\_

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_ Business # \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ DATE MEDICAL FILLED OUT: \_\_\_\_\_

PLEASE FILL IN INFORMATION BELOW:

PROGRAM: \_\_\_\_\_ PROGRAM: \_\_\_\_\_

DAY: \_\_\_\_\_ DAY: \_\_\_\_\_

TIME: \_\_\_\_\_ TIME: \_\_\_\_\_

FACILITY: \_\_\_\_\_ FACILITY: \_\_\_\_\_

DATES DATES

FROM: \_\_\_\_\_ TO: \_\_\_\_\_ FROM: \_\_\_\_\_ TO: \_\_\_\_\_

I will not hold the instructor, sponsors, officials, nor members of the San Diego County Parks and Recreation responsible for any injury which my child or myself might incur while participating in the above program(s).

REC'D BY: \_\_\_\_\_

CASH: \_\_\_\_\_

CHECK \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

There is a \$5.00 service charge on all refunds.

Spring Valley Community Center

(619) 479-1832

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# SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard, Spring Valley

(619) 479-1832

## MONDAY NIGHT BINGO

PLAY FROM  
5:45PM-10:00PM  
FOR ONLY  
\$10.00

"Taste of Spring Valley"  
Cook Books are on sale for only  
\$5.00 at Spring Valley  
Community Center.  
Hurry! Get your copy today!

PRIZES ARE  
UP TO \$250  
PER GAME  
CASH JARS  
5 JARS WITH  
\$250 EACH

DOORS OPEN 4:00PM  
EARLY BIRDS PLAYED 5:45PM-6:30PM  
REGULAR GAMES START 6:30PM

◆ PULL TABS

◆ DOOR PRIZES

◆ CATERED REFRESHMENTS

◆ PATROLLED PARKING

8735 Jamacha Blvd.  
Spring Valley 91977

CAR-RT SORT

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